

Full Report (All Nutrients) 03022, Babyfood, GERBER, 2nd Foods, apple, carrot and squash, organic

Report Date:October 26, 2015 05:50 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error |
|-----------------------------|------|------------------------|----------------|------------|
| Proximates | | | | |
| Water | g | 83.83 | -- | -- |
| Energy | kcal | 64 | -- | -- |
| Energy | kJ | 266 | -- | -- |
| Protein | g | 1.10 | -- | -- |
| Total lipid (fat) | g | 0.00 | -- | -- |
| Ash | g | 0.26 | -- | -- |
| Carbohydrate, by difference | g | 14.82 | -- | -- |
| Fiber, total dietary | g | 1.2 | -- | -- |
| Sugars, total | g | 9.09 | -- | -- |
| Sucrose | g | 0.72 | -- | -- |
| Glucose (dextrose) | g | 2.87 | -- | -- |
| Fructose | g | 5.33 | -- | -- |
| Lactose | g | 0.00 | -- | -- |
| Maltose | g | 0.00 | -- | -- |
| Galactose | g | 0.00 | -- | -- |
| Minerals | | | | |
| Calcium, Ca | mg | 6 | -- | -- |
| Iron, Fe | mg | 0.15 | -- | -- |
| Magnesium, Mg | mg | 5 | -- | -- |
| Phosphorus, P | mg | 17 | -- | -- |
| Potassium, K | mg | 106 | -- | -- |
| Sodium, Na | mg | 20 | -- | -- |
| Zinc, Zn | mg | 0.22 | -- | -- |
| Copper, Cu | mg | 0.033 | -- | -- |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error |
|--------------------------------|------|------------------------|----------------|------------|
| Manganese, Mn | mg | 0.039 | -- | -- |
| Selenium, Se | µg | 0.8 | -- | -- |
| Fluoride, F | µg | 0.0 | -- | -- |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 2732.0 | -- | -- |
| Thiamin | mg | 0.020 | -- | -- |
| Riboflavin | mg | 0.036 | -- | -- |
| Niacin | mg | 0.255 | -- | -- |
| Pantothenic acid | mg | 0.086 | -- | -- |
| Vitamin B-6 | mg | 0.057 | -- | -- |
| Folate, total | µg | 2 | -- | -- |
| Folic acid | µg | 0 | -- | -- |
| Folate, food | µg | 2 | -- | -- |
| Folate, DFE | µg | 2 | -- | -- |
| Choline, total | mg | 3.5 | -- | -- |
| Vitamin B-12 | µg | 0.00 | -- | -- |
| Vitamin B-12, added | µg | 0.00 | -- | -- |
| Vitamin A, RAE | µg | 21 | -- | -- |
| Retinol | µg | 0 | -- | -- |
| Carotene, beta | µg | 206 | -- | -- |
| Carotene, alpha | µg | 78 | -- | -- |
| Cryptoxanthin, beta | µg | 11 | -- | -- |
| Vitamin A, IU | IU | 417 | -- | -- |
| Lycopene | µg | 0 | -- | -- |
| Lutein + zeaxanthin | µg | 17 | -- | -- |
| Vitamin E (alpha-tocopherol) | mg | 0.07 | -- | -- |
| Vitamin E, added | mg | 0.00 | -- | -- |
| Tocopherol, beta | mg | 0.00 | -- | -- |
| Tocopherol, gamma | mg | 0.00 | -- | -- |
| Tocopherol, delta | mg | 0.00 | -- | -- |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- |
| Vitamin D | IU | 0 | -- | -- |
| Vitamin K (phylloquinone) | µg | 1.0 | -- | -- |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error |
|------------------------------------|------|------------------------|----------------|------------|
| Lipids | | | | |
| Fatty acids, total saturated | g | 0.000 | -- | -- |
| 4:0 | g | 0.000 | -- | -- |
| 6:0 | g | 0.000 | -- | -- |
| 8:0 | g | 0.000 | -- | -- |
| 10:0 | g | 0.000 | -- | -- |
| 12:0 | g | 0.000 | -- | -- |
| 14:0 | g | 0.000 | -- | -- |
| 15:0 | g | 0.000 | -- | -- |
| 16:0 | g | 0.000 | -- | -- |
| 17:0 | g | 0.000 | -- | -- |
| 18:0 | g | 0.000 | -- | -- |
| 20:0 | g | 0.000 | -- | -- |
| 22:0 | g | 0.000 | -- | -- |
| 24:0 | g | 0.000 | -- | -- |
| Fatty acids, total monounsaturated | g | 0.000 | -- | -- |
| 14:1 | g | 0.000 | -- | -- |
| 15:1 | g | 0.000 | -- | -- |
| 16:1 undifferentiated | g | 0.000 | -- | -- |
| 17:1 | g | 0.000 | -- | -- |
| 18:1 undifferentiated | g | 0.000 | -- | -- |
| 20:1 | g | 0.000 | -- | -- |
| 22:1 undifferentiated | g | 0.000 | -- | -- |
| 24:1 c | g | 0.000 | -- | -- |
| Fatty acids, total polyunsaturated | g | 0.000 | -- | -- |
| 18:2 undifferentiated | g | 0.000 | -- | -- |
| 18:3 undifferentiated | g | 0.000 | -- | -- |
| 18:4 | g | 0.000 | -- | -- |
| 20:2 n-6 c,c | g | 0.000 | -- | -- |
| 20:3 undifferentiated | g | 0.000 | -- | -- |
| 20:4 undifferentiated | g | 0.000 | -- | -- |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- |
| 22:4 | g | 0.000 | -- | -- |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error |
|--------------------------|------|------------------------|----------------|------------|
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- |
| Fatty acids, total trans | g | 0.000 | -- | -- |
| Cholesterol | mg | 2 | -- | -- |
| Amino Acids | | | | |
| Tryptophan | g | 0.012 | -- | -- |
| Threonine | g | 0.045 | -- | -- |
| Isoleucine | g | 0.048 | -- | -- |
| Leucine | g | 0.083 | -- | -- |
| Lysine | g | 0.083 | -- | -- |
| Methionine | g | 0.021 | -- | -- |
| Cystine | g | 0.010 | -- | -- |
| Phenylalanine | g | 0.042 | -- | -- |
| Tyrosine | g | 0.032 | -- | -- |
| Valine | g | 0.055 | -- | -- |
| Arginine | g | 0.065 | -- | -- |
| Histidine | g | 0.035 | -- | -- |
| Alanine | g | 0.061 | -- | -- |
| Aspartic acid | g | 0.149 | -- | -- |
| Glutamic acid | g | 0.166 | -- | -- |
| Glycine | g | 0.047 | -- | -- |
| Proline | g | 0.043 | -- | -- |
| Serine | g | 0.042 | -- | -- |
| Other | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- |
| Caffeine | mg | 0 | -- | -- |
| Theobromine | mg | 0 | -- | -- |